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# Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE · WASHINGTON, D.C. 20250

35TH YEAR

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## USDA Study of Standardized Diets

—In the Diet Kitchen

Does fat in the diet affect your blood pressure? Does what you eat determine your blood clotting time? This type of information may be available as a result of a new study of standardized diets fed to 30 human volunteers at the Agricultural Research Center, Beltsville, Md. The 15-week diet program was completed on July 28th and is in the first stage of being evaluated, according to Dr. Joseph Judd, Chief of the Lipid Laboratory for the U.S. Department of Agriculture's Science and Education Administration.

Hundreds of potential volunteers' dietary history were checked by nutritionists before 30 of them were chosen for the control-diet group. The volunteers' weight was recorded daily and blood pressure checked 2 or 3 times a week during the study. They were fed three meals a day in the diet kitchen laboratory dining area. On weekends a packet of food was carefully prepared, weighed and boxed for them to take home for reheating and consumption. No deviations from the planned diet were permitted, but, in addition to being nutritionally well-balanced, the food was very palatable--much like "home cooking."

In addition to the planned menus, all liquid intake (coffee, tea and milk) was recorded and each volunteer was given a salt shaker with his name on it. The salt was measured after each meal. A sample of the prepared menu was freeze-dried and stored for later reference. Every bit of food was carefully measured.

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Mrs. Priscilla Steele, USDA dietitian, is shown with Eugene E. Johnson discussing changes in the diet program. (USDA 0578B490-6A)



Sheryl Cottrell, assistant to Mrs. Steele, prepares the trays for the weekend meals of the diet program. (USDA 0578B490-4A)

## DIETS (CON'T.)

A sample menu for breakfast might include: apple juice, scrambled egg, butter, bacon, toast, donuts, whole milk and coffee or tea. For lunch: beef cubes, corn oil, noodles, broccoli, salad (apple, carrot, raisin, mayonnaise, lettuce leaf) white bread, gingerbread, canned pears, coffee or tea. Dinner: pork chops, corn oil, canned spiced apple, rice, mixed vegetables, lettuce wedge, oil and vinegar, rye bread, angel food cake, strawberries, whipped cream, whole milk. The amounts, of course, are determined by caloric needs---separate diets were balanced according to male, female, bone structure, and nutritional recommendations.

The three major perimeters of this study are blood pressure changes, changes in blood lipids, and blood clotting. A hemotologist, a cooperating investor for the project, made regular visits to the diet facility to take blood samples of the volunteers. A physician was always "on call."

Dr. Judd further explained that the whole study will probably be published in about a year, with different aspects of it available as soon as the information is computed. A similar study was made 3 years ago, so they will be able to make some comparisons.

## Storing Corn?

Refrigerate corn as soon as possible after it is picked. Corn should be kept moist until used--not dried out. Select ears that are well covered with plump, not-too-mature kernels.



Mary Panneton, University of Maryland, is assisting in the diet development in the USDA research at Beltsville, Md. She is shown weighing chicken pieces for a pre-prepared dinner entree.  
(USDA 0578US491-36A)



Ramona Skeete, of Howard University, weighs orange slices to go with the meals prepared for the volunteers in the diet study.  
(USDA 057815491-24A)

# Cost of Food at Home (JUNE 1978)

	Thrifty plan	Low-cost plan	Moderate- cost plan	Liberal plan
FAMILIES				
Young couple.....	\$26.20	\$34.30	\$43.00	\$51.60
Elderly couple.....	23.50	30.60	37.90	45.30
Family of 4 with preschool children.....	36.80	47.60	59.50	71.20
Family of 4 with elementary school children.....	44.20	57.30	72.00	86.30
INDIVIDUALS*				
Women				
20-54 years.....	10.70	14.00	17.40	20.80
55 years and over.....	9.70	12.60	15.60	18.50
Men				
20-54 years.....	13.10	17.20	21.70	26.10
55 years and over.....	11.70	15.20	18.90	22.70
Children				
1-2 years.....	5.90	7.50	9.30	11.00
3-5 years.....	7.10	8.90	11.10	13.30
6-8 years.....	9.00	11.60	14.60	17.50
9-11 years.....	11.40	14.50	18.30	21.90
Girls 12-19 years.....	10.90	13.90	17.20	20.60
Boys 12-14 years.....	12.10	15.40	19.40	23.20
15-19 years.....	13.40	17.20	21.50	25.90

\* Cost of food at home for any family can be figured by totaling costs shown for individuals of sex and age of various members of the family as follows:

- o For those eating all meals at home (or carrying some meals from home), use amounts shown.
- o For those eating some meals out, deduct 5 percent from amount in table for each meal not eaten at home. Thus, for a person eating lunch out 5 days a week, subtract 25 percent or one-fourth the cost shown.
- o For guests, include for each meal eaten, 5 percent of amount shown in table for the proper age group.

Next, adjust the total figure if more or fewer than four people generally eat at the family table. Costs shown are for individuals in 4-person families. Adjustment is necessary because larger families tend to buy and use foods more economically than smaller ones. Thus, for a 1-person family, add 20 percent; 2 persons, add 10 percent; 3, add 5 percent; 4, use as is; 5 or 6, subtract 5 percent; 7 or more, subtract 10 percent.

Note: The publication "Family Food Budgeting for Good Meals and Good Nutrition," Home and Garden Bulletin No. 94, describes USDA's thrifty food plan (used in setting the coupon allotment in the Food Stamp Program) and the three more costly plans, on which these costs are based. Single copies are available from the Office of Governmental and Public Affairs, U.S. Department of Agriculture, Washington, D.C. 20250. Request publication by name and number and include your ZIP code.

## FOOD CLIPS

Mellorine is like ice cream, except the milkfat has been replaced by animal or vegetable fats. Soybean and cottonseed oils are the most common fats found in mellorine; however, peanut oil, corn oil, coconut oil and meat fat are used occasionally. (Mellorine is only marketed in limited areas.)

\* \* \*

French vanilla ice cream is basically ice cream, except richer. It has egg yolks added which gives it the rich color and taste.

\* \* \*

For maximum shelf life, do not return unused cream from a pitcher to its original container. Store it separately in the refrigerator. Try to pour only the amount needed at one time.

\* \* \*

If you prefer lowfat milk and the family wants whole milk you can make lowfat milk at home. Just mix half whole milk with half skim or instant nonfat dry milk and you have lowfat milk, according to USDA home economists. Or, if you don't care for the flavor of skim milk, you can add a teaspoonful of instant nonfat dry milk to each glass.

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Cottage cheese is a soft unripened cheese that comes in three styles: cottage cheese dry curd, cottage cheese, and lowfat cottage cheese. Cottage cheese must have a milkfat content of at least 4 percent.

\* \* \*

## ABOUT YOU 'N' ME

Cynthia Struby, news editor, new at the Charlotte (N.C.) Observer---formerly managing editor of the Alexandria (Va.) Gazette.....Donna Allen, editor of Media Report to Women and director of the Women's Institute for Freedom of the Press, will be one of about 25 journalists and j-school educators to begin an annual exchange program with their counterparts in the Soviet Union. Ramona Rush, dean of the College of Communications, University of Kentucky, Mary A. Gardner, professor of Journalism at Michigan State University and president-elect of the Association for Education in Journalism, and Gertrude J. Robinson, McGill University, Montreal, will be part of the delegation heading for Poland Sept. 3-9. The Soviet exchange will be Sept. 10-19....."Facts About Frozen Foods," second edition, is a 128-page book from the Frozen Food Action Communications Team, Inc. (1700 Old Meadow Road, McLean, 22101) Contact Marge Ferroli.

## FREE PUBLICATIONS

While supply lasts, free, single copies of the following booklets are available from the Publications Office, GPA, U.S. Department of Agriculture, Washington, D.C. 20250.\*

"How to Buy Dairy Products," Home and Garden Bulletin #201  
 "How to Buy Fresh Fruits," Home and Garden Bulletin #141  
 "How to Buy Fresh Vegetables," Home and Garden Bulletin #143

\*County Extension Staffers: When ordering publications, use Extension Service Form 91A, "Publications Shipping Order," and follow instructions from your State Publications Distribution Officer.